

III. Statement of Course Need

- A. Students will learn skills and knowledge to help them live a healthier life that could improve both the longevity and quality of life. This course fulfills the fitness and wellness requirement in many RVCC majors.
- B. To see course transferability: a) for New Jersey schools, go to the NJ Transfer website, www.njtransfer.org, b) for all other colleges and universities, go to the individual websites

IV. Place of Course in College Curriculum

- A. Free Elective.
- B. This course is required for completion of Psychosocial Rehabilitation, Associate of Science Degree; Education P-12, Associate of Arts; Computer Science, Associate of Science in Degree in Science and Mathematics; Early Childhood Education, Associate of Applied Science; English, Associate of Arts; Liberal Arts, Associate of Arts; Liberal Arts- Social Science Option, Associate of Arts; Nursing (PN/AD) Associate of Applied Science Option in Nursing; Ophthalmic Science (Opticianry), Associate of Applied Science Nursing (RN) Associate of Applied Science. This course is an option in the Exercise Science, Associate of Science degree.
- C. To see course transferability: a) for New Jersey schools, go to the NJ Transfer website, www.njtransfer.org; b) for all other colleges and universities, go to the individual websites.

V. Outline of Course Content

- A. Introduction to Fitness and Wellness
- B. Health Related/Skill Related Components of Fitness
- C. Assessment of Physical Fitness
- D. Exercise Prescription
- E. Evaluating Fitness Activities
- F. Nutrition for Fitness and Wellness
- G. Weight Management
- H. Stress Management
- I. Reduction of Risk for Major Diseases
- J. A Healthy Lifestyle Approach
- K. Relevant Fitness and Wellness Issues

VI. General Education and Course Learning Outcomes

A. General Education Learning Outcomes:

At the completion of the course, students will be able to:

1. Analyze and explain client fitness test results and formulate a written report demonstrating a personalized program to meet client goals. (GE-NJ 1)*

*embedded critical thinking

B. Course Learning Outcomes:

At the completion of the course, students will be able to:

1. Define the dimensions of wellness and strategies to improve them.
2. Identify the health related components of fitness and demonstrate tests to evaluate each of them.
3. Design and describe a fitness program and the appropriate exercises that will improve and maintain sufficient levels in each of the health related components of fitness.
4. Identify the essential nutrients needed for a healthy diet that will decrease the risk of major disease.
5. Describe healthy ways to obtain and/or maintain a healthy diet.
6. Define stress, its benefits, health risks, and ways to manage high level of stress.
7. Identify risk factors for cardiovascular disease, cancer, pulmonary disease, sexually transmitted infections, substance abuse, and accidents.
8. Define lifestyle changes that will reduce the risk of hypokinetic disease.

C. Assessment Instruments

1. exams
2. laboratory assignments
3. practical – fitness Tests

VII. Grade Determinants

- A. exams
- B. attendance and participation
- C. laboratory/practical Exam
- D. discussion forums

Given the goals and outcomes described above, LIST the primary formats, modes, and methods for teaching and learning that may be used in the course:

- A. lecture/discussion
- B. small-group work

VIII. Texts and Materials

Hoeger, W. & Hoeger, S. (2017). *Fitness & Wellness*, 13th ed., Cengage Learning

(Please Note: The course outline is intended only as a guide to course content and resources. Do not purchase textbooks based on this outline. The RVCC Bookstore is the sole resource for the most up-to-date information about textbooks.)

IX. Resources

- A. RVCC Library
- B. RVCC Track and Gymnasium
- C. RVCC Fitness Center

X. Honors Option: N/A